

Randolph Senior Newsletter

The Sunnyside

July/August

2016

Volume 5 Number 7

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*** - indicates free event**

DIRECTOR
MARC CRAIG

FRIENDS OF JAMES M HURLEY SENIOR CENTER
BRENDA MARGOLIS - PRESIDENT/TREASURER

COUNCIL ON AGING
GERALD GOOD - PRESIDENT

16 FENCOURT AVENUE
781-961-0930
781-961-0929
781-961-0928

HOLA, INVITAMOS A NUESTRA COMUNIDAD ANCIANA LATINA A LLAMAR O VISITAR NUESTRO CENTRO

龍都老人中心亞裔服務項目

(一)亞裔關顧家人支助小組。逢二、四、六、七、八、九、十及十二月之第二個星期五聚會。時間：早上十一時至下午三時。內容為日常生活講座及康樂活動。

備有中式午餐及專車送。(二)關懷探訪老人服務，按實情需要預約安排。

歡迎參加，詳情請電龍都老人中心781-961-0928與林太查詢

LETTER FROM THE DIRECTOR

HELLO SENIORS,
I HAVE A LOT TO UPDATE YOU ON AND VERY LITTLE SPACE. :)

1) BELOW YOU WILL FIND THE VOTE TALLIES FOR THE NIGHT BEFORE THE 4TH PARADE, HONORARY MAYOR. CONGRATULATIONS TO LUCAS WALKER, A 16 YEAR OLD RANDOLPH RESIDENT WHO WORKS AT DADDY'S DAIRY. WE RAISED OVER \$1300 FOR THE PARADE



HONORARY MAYOR
OF RANDOLPH
OFFICIAL

Name	Votes
Lucas Walker	554
RHS Blue Devil	226
Oliver Doane	181
Bob the Turkey	111
Toby L. Schwartz	100
Scattered Votes	211

OVER \$1300 RAISED TO
BENEFIT THE NIGHT
BEFORE THE
4th FESTIVITIES

2) IN JUNE, THE RANDOLPH TOWN COUNCIL VOTED IN FAVOR OF THE INGERNERATIONAL COMMUNITY CENTER, YOU'VE HEARD SO MUCH ABOUT. WE HAVE ALREADY MOVED THE RECREATION OFFICE INTO THE SENIOR CENTER TO ALLOW FOR CONSTRUCTION. THE COMMUNITY CENTER WILL BE OPEN IN DEC 2017. MORE INFO WILL BE AVAILABLE IN SEPTEMBERS SUNNYSIDE

3) THE MAIN STREET FARMERS MARKET HAS HAD A TREMENDOUS SHOWING EACH WEEK, WEDNESDAYS 3-7PM AT POWERS FARM

4) STARTING IN JULY, IF YOU WISH TO MEET WITH BRENDA MARGOLIS, ONE OF OUR OUTREACH WORKERS. YOU MUST MAKE AN APPOINTMENT. APPOINTMENTS ARE AVAILABLE MONDAY, TUESDAY, AND THURSDAY BETWEEN 10:00AM-12:00PM. PLEASE CALL 781-961-0930 TO SCHEDULE AND APPOINTMENT

5) JUST A REMINDER: OUR "AROUND THE TOWN" TRANSPORTATION ON MONDAY & TUESDAY REQUIRES A RESERVATION. OUR DRIVER CAN PICK YOU UP ANYWHERE IN RANDOLPH AND BRING YOU ANYWHERE YOU NEED TO GO FOR FREE. GROCERY SHOPPING, GETTING YOUR NAILS/HAIR DONE, ETC.

6) THIS SUMMER TRY PICKLEBALL AT THE ZAPUSTAS ARENA FROM 9:30-11:00 ON TUESDAY AND THURSDAY!

-MARC CRAIG

SPECIAL PROGRAMS

DENTIST, TUESDAY, JULY 12, 12:30 PM

Even if you take excellent care of your teeth and gums at home, you still need to see a dentist regularly. Your dentist can check for problems that you may not see or feel. This free presentation about the importance of seeing a dentist regularly is brought to you by Senior Whole Health.

JUGGLING NUTRITION MAGIC, TUES. JULY 26

Bring your grandchildren or come by yourselves to enjoy a great free show on Tuesday, July 26 at 12:30 PM while you learn about healthy food choices. A rollicking, fun-filled show featuring fantastic feats of juggling, circus arts, music, magic, and audience participation to help all ages learn how to be more healthy, active and fit.

STRESS MANAGEMENT, THURS., AUGUST 11, 1 PM

Join Jennifer Nosalek from Hahn Home Health Care Inc. and Clare Donovan from Brookdale Quincy Bay to learn and discuss the effects stress has on the body and techniques on how to manage on Thursday, August 11 at 1 PM.

QUILTS, WEDNESDAY, AUGUST 17, 12:30 PM

Join MetroArtLinks for a look at patterns of a variety of American quilts and the importance of quilting bees for women over the past two centuries. Suzanne Scanlan and Allyson Sheckler are professors, art historians and the founding partners of the collaborative venture, MetroArtLinks. Suzanne and Allyson bring this free presentation to you courtesy of the Seth Mann 2nd Home in Randolph.

RESTAURANT TRIPS:

- Isaac's Restaurant, Friday, July 15: For nearly 30 years Isaac's Restaurant has been serving the best seafood, steaks, chops, salads and pasta anywhere on the South Shore of Boston. Located on the historic Plymouth waterfront with spectacular views of Plymouth Harbor and the Mayflower.
- Inn at Bay Pointe, Friday, July 22 and Friday, July 29: Nestled inside Bay Pointe Marina in Quincy, on the South Shore of Massachusetts, The Inn at Bay Pointe sits on the docks amongst the boats and alongside the bay and offers a spectacular New England backdrop for both innovative and traditional fare fresh from local markets.
- Tavern at Quarry Hills, Friday, August 5: The Tavern at Quarry Hills offers panoramic views of the Boston skyline from its hilltop location. It also overlooks the picturesque granite links golf course in Quincy. golf Executive Chef, David Todisco, delights in changing the Tavern Menu for each of New England's four distinct seasons.
- Mill Wharf Restaurant, Friday, August 19: The Mill Wharf Restaurant offers panoramic views of fishing boats and pleasure craft passing in and out of the Scituate harbor while you enjoy a delightful lunch.
- Venezia Restaurant, Friday, August 26: At Venezia, our waterfront location and breathtaking views of the Boston Skyline set the mood for an occasion to remember. This Italian restaurant is located just north of Quincy Massachusetts.

EXERCISE CLASSES: Sign Up Not Required

YOGA CLASSES

One-hour yoga classes for \$5 for the more experienced are held **Mondays at 11:15 AM** and **Fridays at 10:00 AM**. Chair yoga is held on **Wednesdays at 11:15 AM** for the less experienced for \$5.

CARDIOVASCULAR FITNESS: No class July 17

Deb teaches a one-hour fitness class for a \$3 fee on **Wednesday** mornings at **10:30 AM** and **Friday** mornings at **9:00 AM**. Bring weights and a bottle of water.

TAI CHI

Rupert Hon teaches Yang's 88-Form Tai Chi on **Tuesdays at 9:00 AM** and **Wednesdays at 9:30 AM** for \$1.

YUANJI DANCE CLASS

Mona teaches Yuan Ji (combination of yoga, tai chi, & dancing) on **Mondays/Fridays from 9:30-noon**. No charge.

TAP DANCING

A free tap dancing class is offered on **Thursdays at 10 AM**.

OTHER ACTIVITIES FOR JULY/AUGUST 2016

WEEKLY SSES LUNCHEON: Sign Up Required

The SSES luncheon menu/sign-up sheet will be posted in the Senior Center each week for the next week's luncheon (suggested \$2.00 donation). Call the kitchen (at 781-963-7232 from 8-11 AM) or call Sandy in the office (afternoons at 781-961-0930) to sign up. **There will be no lunch on Tuesday, July 12 and Tuesday, August 2.**

TRIAD

TRIAD will return in September.

PICKLEBALL, TUESDAY/THURSDAY, 9:30-11:30

Pickleball continues every Tues. and Thurs. from 9:30 to

11:30 AM at the Zapustas Ice Arena —unless it rains (drizzle to downpour)—through August 25.

COMPUTER INSTRUCTION

- Elizabeth Murphy from the Turner Free Library provides 30-minute free computer training sessions at the library by appointment. Call her at 781-961-0932.
- On **Monday, July 18 and Monday, August 15 at 1 PM**, Elizabeth will provide technology drop-in help. Bring your tech questions! Please sign up in advance for this session so that we will know you are coming!

BLOOD PRESSURE SCREENINGS

Screenings by the Randolph Board of Health will be held at the Senior Center on **Wednesday, July 6 and 20 as well as Wednesday, August 3 and 17 from 11:30 AM to 12:30 PM**. Sign up not required.

2016 ANNUAL "FRIEND" MEMBERSHIP DUES

If you are a Friend of the Randolph Senior Center, your annual \$5 donation (or more if you like) is due for 2016. If you haven't become a Friend yet, consider doing so using the handy form below. Businesses can join too.

HAPPY BIRTHDAY!

- July birthdays include: Bertha Bussey (July 2), Judy Azer (July 2), Anastasia S. Mora (July 4), M. Pearl Shindler (July 6), Ann Dunn (July 8), Geraldine Wexler (July 9), Madeline Kiniklis (July 13), Joseph DeCinti (July 21), Linda Barron (July 26), and Rose Stoltz (July 29).
- August birthdays include: Margaret Mofford (August 1), Joyce Lloyd (August 5), Marilyn D'Angelo (August 16), Margaret (Peg) Callahan (August 21), Lorraine Simon (August 24), Arnie Rosenthal (August 24), Anne Marie Healey (August 25), Donna Dalton (August 25), Sandra MacPherson (August 28), Mary Lanni (August 28), and Cynthia Clarke (August 31).

New or renewed members of the Friends of the James M. Hurley Senior & Veteran's Center are: Bernice Bickoff (in memory of her son, Alvan R. Hyman), Jeannette Sanders, Letha Webb, Jacqueline Henry, and Paul Henry.

Become a "Friend" of the Randolph Senior Center by making an annual membership donation of \$5 (or more if you like). For your tax deductible donation, you will be featured in *The Sunnyside* as a new member and a Happy Birthday notice will be posted during your birthday month. On your 90th birthday, we will celebrate with a party in your honor at the Senior Center.

FRIENDS OF THE JAMES M. HURLEY SENIOR & VETERAN'S CENTER

16 Fencourt Ave, Randolph Ma 02368

Today's Date: _____)

Name _____ Phone _____

Address _____ Date of Birth _____

Membership Donation for \$5.00 pp _____ Additional Contribution _____

Memorial Donation \$ _____ In Memory of _____

REIKI: Sign Up Required

Claire Crowell and Bernadette Christian give Reiki treatments on **Tuesdays** from **10:00** to **noon** for a \$2.00 fee.

GAMES

- Meet on **Mondays** from **1 to 3 PM** for Canasta.
- Play Mah Jongg on **Mondays** at **9:30 AM** and **Fridays** at **1 PM**; learn to play **Thursdays** at **10 AM**.
- See the monthly calendar on page 7 for Bingo, Scrabble, Pool and Darts.

OVEREATERS ANONYMOUS

Is food a problem for you? Try attending an Overeaters Anonymous meeting, **Mondays from 9:30 to 11:00 AM**.

OLDE KIDS ON THE BLOCK

These senior musicians/singers practice at the Senior Center on **July 13** as well as **August 3, 17, 24 and 31** from **9:30 AM to Noon**.

MOVIES: Tuesdays at 12:30 PM

July 5—The Danish Girl (2015): The Danish Girl is a love story inspired by the lives of two Danish artists. The film stars Eddie Redmayne as Lili Elbe, one of the first known recipients of sex change surgery in the early 1930s, and Alicia Vikander as his wife, Gerda. Vikander won an Oscar in 2016 for best supporting actress.

July 19—Room (2015): To five-year-old Jack, Room is the entire world. It is where he was born and grew up; it's where he lives with his Ma as they learn and read and eat and sleep and play. Ma has created a life for Jack in Room but she knows it's not enough for her or for him. She devises and bold escape plan. Actress Brie Larson won an Oscar for best actress in 2016 for her role as Jack's mother.

August 2—Suffragette (2015): Academy Award nominees Carey Mulligan and Helena Bonham Carter, and three-time Academy Award winner Meryl Streep, lead the cast of a powerful drama about the women who were willing to lose everything in their fight for equality in early-20th-century Britain. The stirring story centers on Maud (played by Carey Mulligan), a working wife and mother whose life is forever changed when she is secretly recruited to join the U.K.'s growing suffragette movement.

August 9—My Name is Doris (2015): After a lifetime of being overlooked and ignored, a woman of a certain age, played by Sally Fields finds her world turned upside down by a handsome new co-worker and a self-help seminar that inspires her to take a chance on love in *My Name is Doris*, a witty and compassionate late-life coming-of-age-story.

August 16—The Lady in the Van (2015): This film tells the true story of the relationship between Alan Bennett and the singular Miss Shepherd, a woman of uncertain origins who 'temporarily' parked her van in Bennett's London driveway and proceeded to live there for 15 years.

August 23—The Intern (2015): Ben Whittaker (Robert De Niro) is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin (Anne Hathaway).

August 30—Max (2015): Max, a precision-trained military dog, serves on the frontlines in Afghanistan alongside his handler, U.S. Marine Kyle Wincott. But when things go terribly wrong on maneuvers, Kyle is mortally wounded and Max, traumatized by the loss of his best friend, is unable to remain in service. Shipped stateside, the only human he seems willing to connect with is Kyle's teenage brother, Justin. The pair race against time to unravel the mystery behind Kyle's death.

ANNOUNCEMENTS

SHINE COUNSELING

Make an appointment today with our SHINE counselor by calling the Senior Center at 781-961-0930. This is a free service. A SHINE counselor can help you make the best health insurance choice for your particular circumstances. Also, if your prescription costs are too high, SHINE may be able to help you.

FREE BREAD & PASTRIES

You can get free bread and pastries at the Randolph Senior Center at **8:30 AM on Fridays**.

KOSHER LUNCHEON

South Shore Elder Services offers a kosher lunch at Temple Beth Am every **Monday at noon**.

BINGO MONDAY AFTERNOONS

We hold Bingo every **Monday** afternoon from **1 PM to 3 PM**. Participants are eligible to win prize money.

MEALS ON WHEELS DRIVERS/KITCHEN STAFF

Contact Judy at South Shore Elder Services at 781-848-3910, ext. 430, to volunteer.

WATCH BULLETIN BOARDS

Be sure to watch the bulletin boards at the Randolph Senior Center for program updates as new programs might become available.

Give Away/Wanted

GIVE AWAY:

Walkers, Commodes, Canes—Call Brenda at 781-961-0930

If you are downsizing and have items to give away, you may offer them for free here. If you need a particular item, you also may put your request here. Call us at **781-961-0930**.

Free Van Transportation Around Randolph on Mondays and Tuesdays Now by Appointment

Call the Randolph Senior Center 24 hours or more before you need the transportation to book a ride from any address in Randolph to anywhere in Randolph. This service is only available on Mondays and Tuesdays. **Note that this new service is for non-medical rides.** Our transportation to and from medical appointments is not changing; that service continues Monday through Thursdays as described below. Call us at **781-961-0930** to book your ride! **You can book a ride as early as 8:45 AM and as late (getting back to your home) as 4:00 PM**—the driver must be able to return to the Senior Center by 4:15 PM.

Medical Transportation

Appointments can be made between the hours of 9 AM and 3 PM Mondays through Thursdays. For local transportation by our Van Driver, the fee is \$3 for trips in Randolph and \$9 for trips to neighboring towns. We have depleted our funds for Boston trips, and so we are not booking medical trips into Boston this summer. Check back with us for news of Boston trips in the September edition of *The Sunnyside*.

Announcements

MULTICULTURAL PROGRAMS

Watch the bulletin boards at the Randolph Senior Center for notices about the Chinese, Vietnamese and Haitian Seniors programs. We have indicated tentative days and times in the calendars on pages 6 and 7.

TRAVELING LIBRARY

The Turner Free Library's traveling library will be at the Senior Center on Monday, July 11 and Monday, August 8 from noon to 1 PM.

RANDOLPH COMMUNITY POOL: The Randolph Community Pool has two open swims that are open to seniors: Saturdays from 1:30 to 2:30 PM and Sundays from 12:30 to 2:30 PM. The charge is \$5.00.

YOGA AT POWERS FARM: From June 28 through September 27, enjoy an all-levels (no experience necessary) outdoor community yoga class at Power's Farm in Randolph from 7:05 PM to 8:00 PM that is being offered by the Randolph Recreation Department. Shelanda Irish (RYT-200) will be leading a lively vinyasa-style practice that will focus on both strength and flexibility, bringing balance and calm to the body and mind. Modifications and variations of the postures are offered so that beginners and intermediate/advanced students can flow together. See how a regular yoga practice can improve your health! The charge is \$5.00.

RECREATION DEPARTMENT SUMMER/FALL TRIPS

The Randolph Recreation Department has announced its upcoming trips. Randolph seniors can join these full day trips that include lunch.

- Block Island tour and luncheon at National Hotel, **Friday, July 15**, \$119
- Cape Cod Canal 103 Anniversary tour, **Thursday, August 18**, \$89
- Vermont Wine & Lunch in Deerfield, MA at Chandler's Restaurant, **Thursday, September 22**, \$89
- Norman Rockwell Museum & lunch at Red Lion Inn, **Thursday, October 20**, \$99

These trips fill up fast. You are not considered "registered" for a trip until full payment is made. More information is available on each trip at the Randolph Recreation Department (781-961-0939) at 16 Fencourt Avenue (the Randolph Senior Center).

MAIN STREET MARKETPLACE

Randolph's Main Street Marketplace at Powers Farm at 592 North Main Street will be held on Wednesdays from 3 PM to 7 PM from June 15 through September 21. The Marketplace will feature fresh produce as well as artisans.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

July 2016

1

Yuanji Dance 9:30
 Scrabble 10:00
 Yoga 10:00
 Mah jongg 1:00
 Pool & Darts 2:00

4

Holiday
Senior/Veterans
Center Closed

5

Tai Chi 9:00
Reiki 10:00
SSES Luncheon 11:30
Movie 12:30
 Pool & Darts 2:00
 Weight Watchers 6:00

6

Tai Chi 9:30
 Craft 10:00
 Cardio 10:30
 Chair Yoga 11:15
 Adult Coloring 11:30
 Blood Pressure 11:30

7

Weight Watchers 9:00
 Mah jongg 10:00
 Tap Dancing 10:00
 Watercolor Painting 1:00
 Pool & Darts 2:00

8

Cardio 9:00
 Yuanji Dance 9:30
 Scrabble 10:00
 Yoga 10:00
Chinese Program
 Mah jongg 1:00
 Pool & Darts 2:00

11

Yuanji Dance 9:30
 Mah jongg 9:30
 Overeaters 9:30
 Scrabble 10:00
 Yoga 11:15
 Traveling Library 12
 Bingo 1:00
 Canasta 1:00
 Pool & Darts 2:00

12

Tai Chi 9:00
Reiki 10:00
Dentist 12:30
 Pool & Darts 2:00
 Weight Watchers 6:00

13

Tai Chi 9:30
 Craft 10:00
 Chair Yoga 11:15
 Adult Coloring 11:30

14

Weight Watchers 9:00
 Mah jongg 10:00
 Tap Dancing 10:00
 Watercolor Painting 1:00
 Pool & Darts 2:00

15

Cardio 9:00
 Yuanji Dance 9:30
 Scrabble 10:00
 Yoga 10:00
Restaurant Trip
 Mah jongg, 1:00
 Pool & Darts 2:00

18

Yuanji Dance 9:30
 Mah jongg 9:30
 Overeaters 9:30
 Scrabble 10:00
 Yoga 11:15
Computer 1:00
 Bingo 1:00
 Canasta 1:00
 Pool & Darts 2:00

19

Tai Chi 9:00
Reiki 10:00
SSES Luncheon 11:30
Movie 12:30
 Pool & Darts 2:00
 Weight Watchers 6:00

20

Tai Chi 9:30
 Olde Kids 9:30
 Craft 10:00
 Cardio 10:30
 Chair Yoga 11:15
 Adult Coloring 11:30
 Blood Pressure 11:30

21

Weight Watchers 9:00
 Mah jongg 10:00
 Tap Dancing 10:00
 Watercolor Painting 1:00
 Pool & Darts 2:00

22

Cardio 9 AM
 Yuanji Dance 9:30
 Scrabble 10:00
 Yoga 10:00
Restaurant Trip
Vietnamese Lunch
 Mah jongg 1:00
 Pool & Darts 2:00

25

Yuanji Dance 9:30
 Mah jongg 9:30
 Overeaters 9:30
 Scrabble 10:00
 Yoga 11:15
 Bingo & Canasta 1:00
 Pool & Darts 2:00

26

Tai Chi 9:00
Reiki 10:00
SSES Luncheon 11:30
ToBeFit Show 12:30
 Pool & Darts 2:00
 Weight Watchers 6:00

27

Tai Chi 9:30
 Olde Kids 9:30
 Craft 10:00
 Cardio 10:30
 Chair Yoga 11:15
 Adult Coloring 11:30

28

Weight Watchers 9:00
 Mah jongg 10:00
 Tap Dancing 10:00
 Watercolor Painting 1:00
 Pool & Darts 2:00

29

Cardio 9 AM
 Yuanji Dance 9:30
 Scrabble 10:00
 Yoga 10:00
Restaurant Trip
 Mah jongg 1:00
 Pool & Darts 2:00

1 Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo/Canasta 1:00 Pool & Darts 2:00	2 Tai Chi 9:00 <u>Reiki 10:00</u> <u>Movie 12:30</u> Pool & Darts 2:00 Weight Watchers 6:00	3 Tai Chi 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Blood Pressure 11:30 Adult Coloring 11:30	4 Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pool & Darts 2:00	5 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Restaurant Trip</u> Mah jongg 1:00 Acrylic Art 1:00 Pool & Darts 2:00
8 Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Traveling Library 12 Bingo/Canasta 1:00 Pool & Darts 2:00	9 Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Movie 12:30</u> Pool & Darts 2:00 Weight Watchers 6:00	10 Tai Chi 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30	11 Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 <u>Stress Management</u> Pool & Darts 2:00	12 Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Chinese Program</u> Mah jongg 1:00 Acrylic Art 1:00 Pool & Darts 2:00
15 Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 <u>Computer 1:00</u> Bingo/Canasta 1:00 Pool & Darts 2:00	16 Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Movie 12:30</u> Pool & Darts 2:00 Weight Watchers 6:00	17 Tai Chi 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30 Blood Pressure 11:30 <u>Quilts 12:30</u>	18 Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pool & Darts 2:00	19 Cardio 9:00 Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Restaurant Trip</u> Mah jongg, 1:00 Acrylic Art 1:00 Pool & Darts 2:00
22 Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo 1:00 Canasta 1:00 Pool & Darts 2:00	23 Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Movie 12:30</u> Pool & Darts 2:00 Weight Watchers 6:00	24 Tai Chi 9:30 Olde Kids 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30	25 Weight Watchers 9:00 Mah jongg 10:00 Tap Dancing 10:00 Watercolor Painting 1:00 Pool & Darts 2:00	26 Cardio 9 AM Yuanji Dance 9:30 Scrabble 10:00 Yoga 10:00 <u>Restaurant Trip</u> Mah jongg 1:00 Acrylic Art 1:00 Pool & Darts 2:00
29 Yuanji Dance 9:30 Mah jongg 9:30 Overeaters 9:30 Scrabble 10:00 Yoga 11:15 Bingo & Canasta 1:00 Pool & Darts 2:00	30 Tai Chi 9:00 <u>Reiki 10:00</u> <u>SSES Luncheon 11:30</u> <u>Movie 12:30</u> Pool & Darts 2:00 Weight Watchers 6:00	31 Tai Chi 9:30 Olde Kids 9:30 Craft 10:00 Cardio 10:30 Chair Yoga 11:15 Adult Coloring 11:30	August 2016	

Ads